



A bug-tastic feast

Event separates brave from the not so brave.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Root for the underdogs

Condors face division champs after 2-1 loss.
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MONDAY, MARCH 21, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

43RD YEAR — NO. 10

LRC changes on horizon

By COURTNEY NIXON

Last semester the Library Resource Centre conducted its first library quality survey. A standardized online voluntary and confidential survey from the Association of Research Libraries, it helped measure users' perception of the quality of library services, resources and space.

The majority of anonymous comments related to library service pertained to the polite demeanour and helpfulness of the staff.

One participant wrote:

"I have always found the employees in the library very helpful. I have limited computer skills and have been out of school for 29 years and the staff are very patient with me. It makes the library experience pleasant."

Rachel Caldwell, information services co-ordinator, said, "Getting the feedback from the student population has helped solidify items that we are aware of. What's working well and what needs to

improve over time."

Another participant wrote:

"I have always been impressed with how willing the LRC has been to find material to support course content, and the research presentations to my students have been excellent."

While there were a number of general comments from participants relating to the LRC's resources (not including computers), some feedback was more specific, such as requests for more and current print resources in specific fields of study.

"A wider selection of journals for nursing students would be great," one person wrote.

These requests included more electronic/online resource subscriptions such as e-Books and online journals.

"When I have gone into the library, expanded journals, books online, audio/video online are things I could use if there were more to go around," one respondent wrote.

See CHANGES, Page 2

HERE'S HOPING SOMEONE WILL PONY UP A CARROT



PHOTO BY MARCUS MATTHEW

A few animals brave the cold and rainy weather in hopes of a carrot and a friendly hello at Waterloo Park's petting zoo on March 10. Now that it is spring, and the weather starts to heat up, more animals will be added to the zoo, and more visitors will come with vegetable treats for all.

Performance anxiety group to begin again this fall

By NATHAN RIENSTRA

Students at Conestoga College who might be experiencing test anxiety, public speaking anxiety or performance anxiety when they're out on their placements are not alone.

This is why the performance anxiety group, which has been running at the Doon campus for several years now, will be starting up again next fall.

The group meets in both the fall and winter semesters, over a four-week period, for 90 minutes one day a week, to go over strategies of what can be helpful to deal with stress and anxiety.

"The purpose of the group is

not to eliminate anxiety," said Shawna Bernard, one of two counsellors at Conestoga College who facilitates the group. "It's normal to have a bit of anxiety. It means you care about what you're doing (and) it helps to motivate and improve concentration. But we talk about how anxiety affects performance and we also talk a little bit about anxiety and fear," she said, adding that sometimes when people are feeling anxious it can look like they're feeling scared or fearful about their situation.

Because of this, the performance anxiety group puts a lot of focus on what the physical symptoms of anxiety are as well as on the role of automat-

ic thoughts.

"All of us have automatic thoughts," said Bernard. "We teach that what we think affects how we feel, and so if somebody is saying, 'Oh, no, I'm going to fail this test,' or, 'I can't do presentations - I'm going to bomb the presentation,' then, of course, that's going to affect how (they) feel."

Taking this into consideration, the performance anxiety group looks at specific examples of what people might be thinking if they're feeling anxious about a test or about public speaking anxiety. But it also talks about behaviour and how behaviour affects anxiety. According to

Bernard, it can be really helpful to learn relaxation strategies such as deep breathing, visualization and progressive muscle relaxation.

The overall goal of the group is to normalize anxiety and let students know they're not alone. But it also has a specific focus of preparing students for tests, public speaking and placements, by giving them a set of skills they can implement here on campus.

"We try to do it before mid-terms or before finals so that they (students) have those strategies that they can implement in their tests or their major assignments (or) their presentations and stuff like

that," said Lydia Almorales-Ray, the other counsellor who facilitates the group.

"I think most people want to come, but because of their scheduling ... to find a common time for everybody is really hard," she added, explaining that the schedules of students who are interested are what determine when the group will meet.

Advertising for the next performance anxiety group will begin next fall. Students who are unable to make the group meetings are always welcome to book private appointments with a counsellor by visiting Room 1A103 or calling 519-748-5220, ext. 3360.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
Who is your least favourite celebrity
and why?



"It's a tie between Justin Bieber and Chad Kroeger because people think that's what Canadian music is all about."

Rene Gable,
first-year
materials and operations
management

"Lady Gaga. She has terrible fashion sense."

Daneng Vang
first-year
TV broadcasting



"I can't stand Justin Bieber. It's hard to say why, it's the way he is, his personality."

Erik Gergal,
first-year
computer engineering



"I hate Bieber. I despise him ... everything about him."

Danielle Wilkinson,
second-year
fitness and health promotion



"If I had to say, I would pick Kobe Bryant. He just strikes me as arrogant."

Supriya Gour
first-year
accounting audit and
information technology



"All of them. I'm not into celebrities. There are more important things in the world."

Brandi Sullivan,
second-year
early childhood education



Smile Conestoga, you could be our next respondent!

Changes must include more space

• From Page 1

Difficulty navigating the LRC's website for locating relevant research resources and difficulty using the library's online resources (e.g. article databases) was also noted.

"The library staff are very helpful, however online research resources are hard to navigate, clumsy and time-consuming to find what I need."

One major problem the LRC has is space.

The majority of comments about space issues related to Conestoga's student population outgrowing the current LRC facility, overcrowding during peak hours and lack of designated quiet study spaces.

"Students want their voices to be heard," said Caldwell.

In 2010, consolidated service desks helped free up some room for additional tables for more study space at the front of the LRC. The staff will be participating in space planning at the Doon campus in the coming year. They are hoping for more study spaces throughout the campus to suit different learning needs and preferences as well as

more meeting rooms in various locations.

One survey respondent said: "I feel that the library is too small for the growing number of students each year."

**Students want
their voices
to be heard.**

— Rachel Caldwell

"I think the library is set out in an orderly and inviting fashion but there is no space to work because of the lack of tables. Even days in advance there are hardly ever rooms available to work on group projects together."

In 2009 the LRC created the nook quiet study that features more study tables and laptop plugs and is accessible from the corridor across from Security Services when the LRC is closed. The nook quiet study is now available after hours as well.

The LRC recently purchased more individual carrels for one of the quiet study

areas which should help reduce the impulse to chat.

"There is a higher demand for quieter group study spaces to accommodate different learning styles and needs," said Caldwell.

The opening of the Cambridge campus in fall 2011 will alleviate some overcrowding during the academic year.

The library itself is not slated for major expansions in the near future, but is continuing to review layout and furnishings.

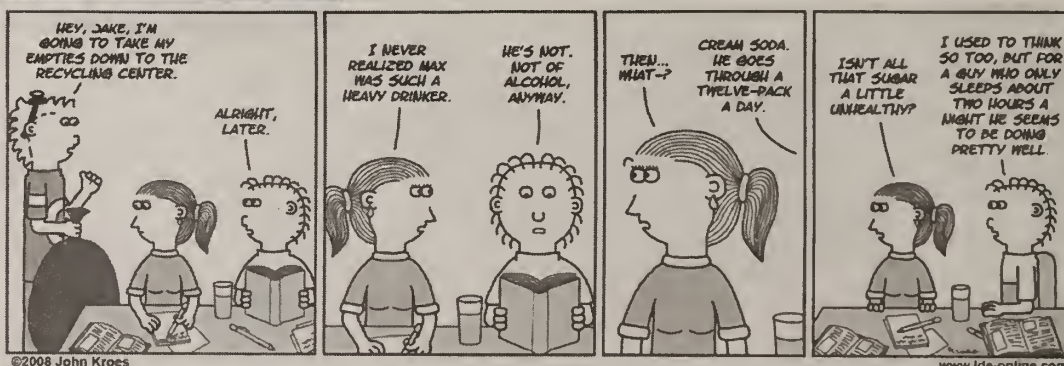
To avoid crowded and noisy areas in the LRC students are encouraged to use the library during non-peak hours. These include early mornings, late afternoons, evenings and weekends.

Students are also reminded to practise the message of the college's Respect Campaign, by showing consideration and keeping voices low.

"Students have every right to ask their peers to keep their conversation quiet. They should feel empowered to speak their mind in a respectful manner," said Caldwell.

"Everyone is here for the same purpose; we need the co-operation of our community."

LAST-DITCH EFFORT



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in the Student Life Office (2A101-2) Doon

Applications available in the Student Life Office 2A101-2
or online at www.conestogac.on.ca/studentlife

Student Life
Shape your experience

Henna tattoos cover Conestoga students

By MANDY LIVERANCE

The temporary excitement of henna tattoos found its way to the halls of Conestoga College.

Jessica Rischel, a first-year public relations student, used her talent and passion by giving students henna tattoos at a table set up in the Student Life Centre on March 9 and 11.

The event, Designs for Donations, was a class assignment and fundraiser for the second-years' graduation celebration. With a \$5 minimum donation for each tattoo, they raised \$310.

There were many designs to choose from, but Rischel was

open to other ideas as well. From common flower and pattern designs on hands, to dragons, alligators and written quotes, Rischel impressed customer after customer with her artistic ability.

"I do it for the satisfaction of a job well done," Rischel said. "It makes me feel so good at the end of the day."

With non-stop students dropping by both days, Rischel and Jessica Hobin, another first-year public relations student, worked hard to make sure as many students as possible had their chance to get a henna tattoo.

"Henna is such a beautiful and natural way to express

yourself," said Tiffany Pitt, a first-year pre-health science student who had shown up both days for her turn at getting decorated.

Rischel doesn't just do henna tattoos as fundraisers. She also has her very own business called Naturally Henna. She sets up at local markets and festivals and can be booked for parties. She charges \$50 an hour with a two-hour minimum and can set up at any type of party.

After taking a course offered in Kitchener, Rischel realized her passion for henna tattooing and she has been practising her talents for over a year

and a half.

"I've done so many designs I can't even count anymore," said Rischel. "I do at least one on myself a week."

The henna plant contains a dye called lawsone which reacts chemically with the protein keratin that is in hair and skin. As a result, a stain is left that lasts until the skin naturally sheds away. This makes it a great idea for those thinking about getting a real tattoo, but are uncertain about the commitment or seemingly painful process.

The technical term for applying henna as a temporary form of skin decoration is called mehndi. It's traditionally

applied for weddings, festivals and other special occasions.

Those who have tried mehndi will have noticed the cool sensation it gives the skin. The use of lawsonia inermis, or what we know as henna, started out as a way for people to cool down while in the desert. It was found that one large dot in the centre of the palm was effective enough, but women began to get creative with designs and the art of henna tattooing has grown into something fashionable.

Anyone interested in booking Rischel for an event, or if you have any questions, you can contact her at naturally_henna@hotmail.com.

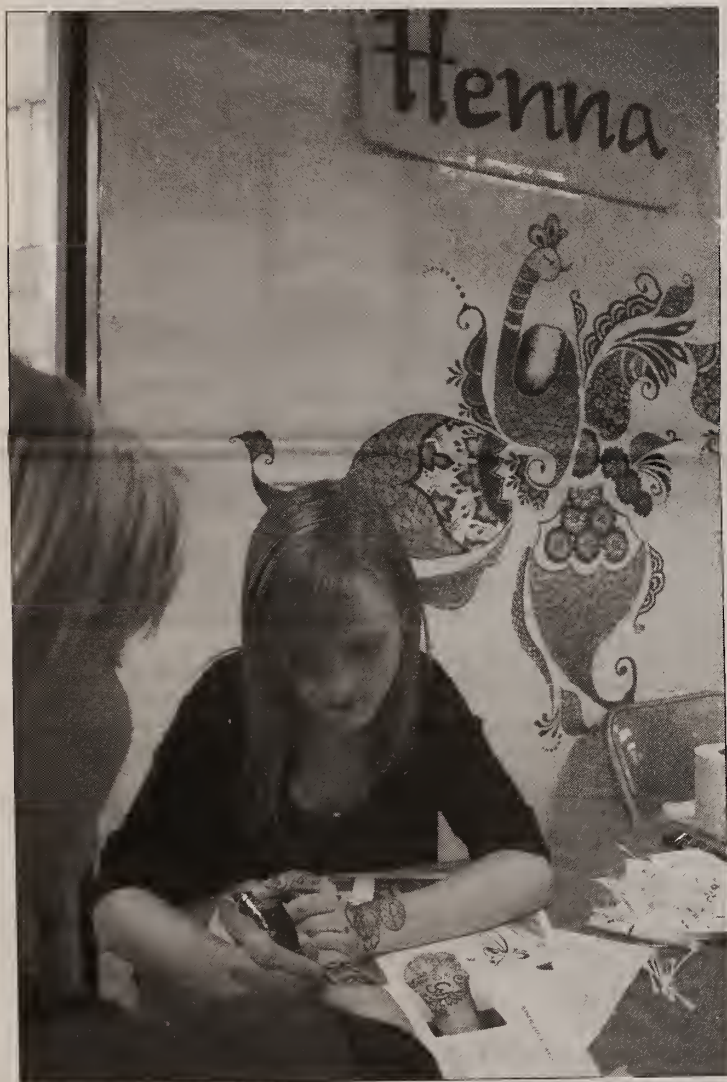


PHOTO BY MANDY LIVERANCE

Jessica Rischel gives Tiffany Pitt a henna tattoo during a Designs for Donations fundraiser held by public relations students as a class project. The event was held in the Student Life Centre March 9.

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could save
someone's life...

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RESPECT WEEK

Monday March 28th to
Friday April 1st

SMILE DAY	Monday
<p>Just a smile can have an impact! Celebrate with the Respect Student Committee how a smile can make a difference!</p>	
WALK A MILE DAY	Tuesday
<p>What's it like being in the shoes of someone different from you? Learn about some of the experiences and challenges of other Conestoga students from the perspective of our Respect Posters!</p>	
DIFFERENCES DAY	Wednesday
<p>Celebrate the differences in respect between cultures! Hosted by the English Language Studies - Level IV program, celebrate what respect looks like in different cultures!</p>	
POSITIVE DAY	Thursday
<p>How can you brighten someone's day with a positive act? Get some ideas of positive acts of kindness you can perform for your friends, classmates and teachers to show how much you appreciate them!</p>	
GAMES DAY	Friday
<p>It's April Fools! Come play with us! Play the interactive Respect games in the Lower Atrium and explore the importance of respect!</p>	

11AM - 1PM DAILY
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Shape your experience
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College can compete on any level

By JESSICA-LYNN TABAK

It's inevitable that universities spend a fair amount of time in the limelight, thanks to their achievements and their full-time public and community relations departments that make sure we know about them. But that doesn't mean Conestoga College is taking a back seat.

Some people think that students who come out of universities have received a more creditable education than college students. We disagree, as what separates a college from a university is hands-on experience, which is an essential aspect when applying for a job. Both institutions are important, one teaching more theory, while the other teaches you practical skills. We think the second is more important than the first.

Conestoga's mechanical systems engineering degree program proved this when it was the only college-based degree program that competed in the Senior Design division of the Ontario Engineering Competition, and won.

Held in London this year, the competition is an annual event that gives the best engineering students the opportunity to showcase what they've learned.

The Conestoga students went onto the national competition and did us proud, placing second and receiving an award for innovative design.

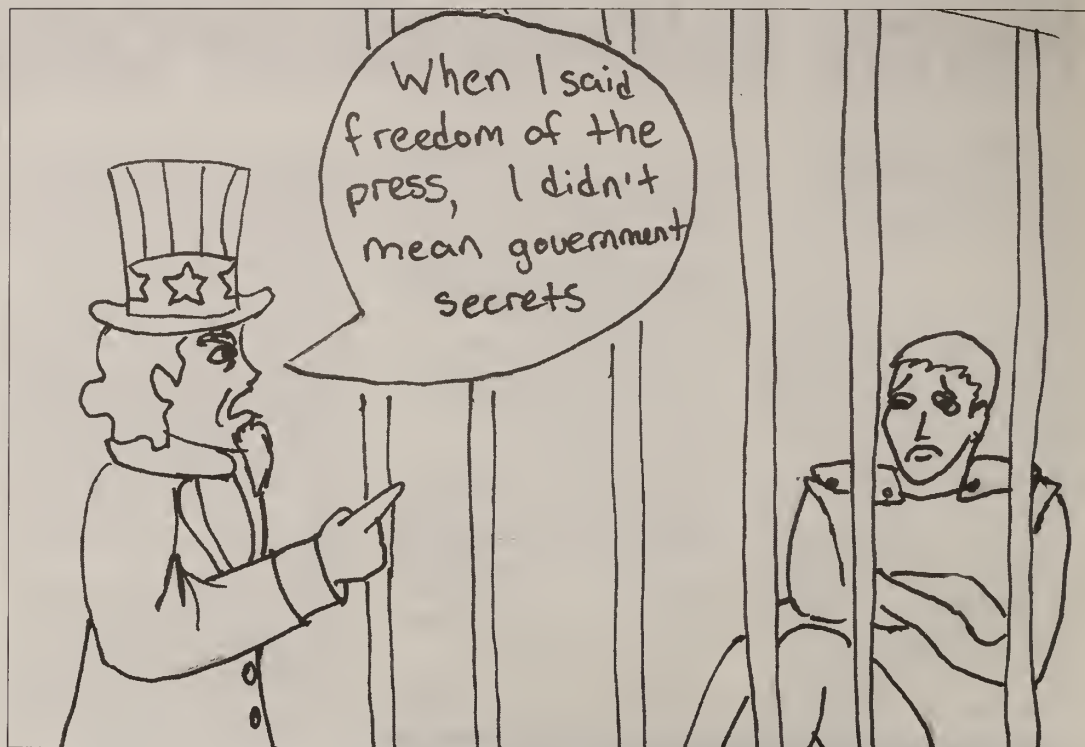
Our success doesn't stop there. A team of third-year Conestoga business management students were ranked No. 1 in the world for two weeks during a Business Strategy Game simulation, competing against 268 universities and colleges.

Success should continue to come our way, with a new campus and additions allowing for more students. In fact, it is predicted we'll soon have over 10,000 full-time students and 800 new spaces for apprentices.

Conestoga students have proven they can compete with the "big boys." And, as the college continues to grow and offers more programs, we will continue to excel — in competition and in the workplace.

The views herein represent the position of the newspaper, not necessarily the author.

Conestoga students have proven they can compete with the "big boys."



WikiLeaks whistle-blower, Bradley Manning, no longer has to sleep naked, as he has been given an anti-suicide smock.

'Butt'-ing out the ban

Should tobacco taste like bubble gum, mint or a chocolate bonbon? According to a private member's bill that was introduced in the House of Commons the week of March 7, it's these flavoured products that entice youths to smoke.

I believe that it's time to stop looking at what youths smoke, and instead start looking at how these products are so accessible. Bill C-32, which came into effect in July 2010, banned cigarillos from being sold individually. The primary goal was to make these flavoured products harder to access by youths. The idea is sound, since the inexpensiveness of buying singles made them more affordable. However, this didn't address the big issue — how were the kids getting the tobacco in the first place, and why was there no means of punishment once it was in their hands?

The fact that cigarette companies target younger audiences is no big surprise. It is both easier and more economical for the tobacco companies to have people start young: easier because of impressionability and the want of rebellion (among other things), and the potential for lifelong cus-



Ashley Idle
Opinion

tomers, not to mention that the law barely addresses the possession of tobacco products by those under the age of 19.

I think what the government is trying to do is admirable, but kids will smoke for the sake of smoking. The problem is stopping them from getting the tobacco in the first place.

Bill C-32 is a good first step. However, regulations need to go further and make it impossible for youths to buy and possess tobacco products. The new private member's bill that was introduced the week of March 7, Bill C-631, only works to get rid of flavoured products and doesn't deal with the problem of youth smoking.

Everyone should have to show photo ID when they buy cigarettes or other tobacco products, regardless of age, and every single piece of identification should have to be scanned. If there were a gov-

ernment system that could compare the number of ID swipes to the number of tobacco sales, there could be tighter regulation on these sales, and if places that sold tobacco products were more vigilant about the presentation of identification, it would be much harder for youths to get the tobacco in the first place.

I know that such a retrofit would not be foolproof or cheap, but I'm allowed to dream.

Another thing that I would like to see is a change in the laws surrounding tobacco possession by youths. There should be harsher punishments and fines for anyone under the age of 19 caught with tobacco products. Nothing would make me happier then to drive by a high school at lunch time and see a police officer handing out tickets to the students who had stepped out for a smoke.

The goal to stop youth smoking is a great one.

But Bill C-631 is a waste of time.

Youths will still smoke, and until we make it so that tobacco is impossible for them to possess, the problem will keep puffing right along.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer

than 500 words.

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Take the wellness challenge

By **ERIN FARRAR**

It's difficult to find time to work on your health when you're a full-time student. Health Services knows this, so they are challenging students to challenge themselves by setting positive and achievable goals to better their health by participating

in the 2011 Wellness Challenge. You could even win a prize.

Students will set two goals for themselves and pair up with a friend to be their "sidekick" to help motivate and keep them on track.

Some good goals to think about accomplishing would include making changes to

eating habits, whether it be taking something out of your normal diet or adding something to it, making a plan to go to the gym twice a week, or if you already go twice a week, increase it to three times.

The goals you set don't necessarily have to be about helping your physical state, but also your mind and mentality.

"I'm hoping some people will include their sexuality and stress management when setting their goals," said co-ordinator Teresa McQuillin. Practising safe sex, improving relationships, getting tested for and learning about sexually transmitted diseases, body image counselling

and getting the HPV shot were all examples she used for this type of goal.

The Wellness Challenge runs until March 31 and during this time some of the recreation and leisure students will be leading some fun activities such as a game of twister, yoga classes or a lunch time walk.

"Playing Wii fit every day would be a great goal for this challenge because it's a lot of fun," said alumnus Sarah Macintosh. "I would also try to eat more fruits and veggies."

There are also many campus resources available to students to help them stay active and work on nutrition, substances or sexuality

issues such as the recreation centre, counselling services, nutrition counselling and Health Services' sexually transmitted infection testing, HPV shot and contraception resources.

This is only the second year of the Wellness Challenge and McQuillin is hoping that at least 25 students participate. Some of the prizes available are a signed Rangers hockey stick and two backpacks and water bottle kits from the recreation centre and the bookstore.

To sign up for the 2011 Wellness Challenge, email your two goals, contact information and partner's name to tmcquillin@conestogac.on.ca.



PHOTO BY ERIN FARRAR

Teresa McQuillin is the co-ordinator of the 2011 Wellness Challenge and has created a Facebook event page for more information. Visit the Health Services page found on the Conestoga website for goal ideas.

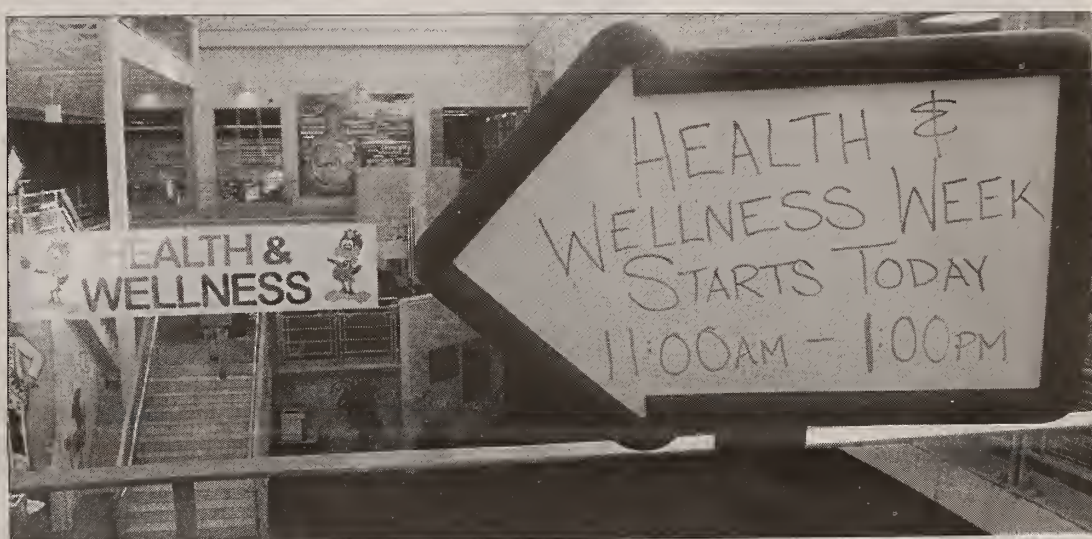


PHOTO BY THOMAS PARENT

The health and wellness program is promoting methods and activities to keep you healthy and active during Health and Wellness Week at Conestoga.

Technology lab a quiet place to learn

By **LAURA BENNETT**

Students learn at their own pace and in their own way. Conestoga College recognizes this, and is dedicated to helping all students. For those students who have a learning disability the adaptive technology lab at Doon campus is a learning playground for students who need to use computer software to help them read or write.

"It's a place where students go to get accommodations," said Duane Wilson, a computer technology consultant. "It's also a place where they can do their tests with the accommodations and access specialized software on computers."

The lab is located in Room 2A107 and is open Monday-Thursday, 8:30 a.m. to 8 p.m., Friday, 8:30 a.m. to 4 p.m., and Saturday, 10 a.m. to 3 p.m.

The lab is available for students who are registered with Disability Services. To get training in certain software

you must make an appointment beforehand, otherwise the lab is open for the students to come and go.

"We help them in any we can," said Chanh Lam, an adaptive technology assistant. "We cannot help them with their assignments; they have to learn that on their own. We help them with the equipment and how to access the software."

"The idea is to get them to be independent, so after the training they come and use it by themselves," said Wilson.

Lam said it is a good place for the students to concentrate, away from the noise and interactions in the classroom.

The lab offers nine software programs for the students to use. The most common is called Kurzweil 3000.

"The computer will read your text books and your notes," said Wilson. "It provides word prediction and has dictionary definitions built

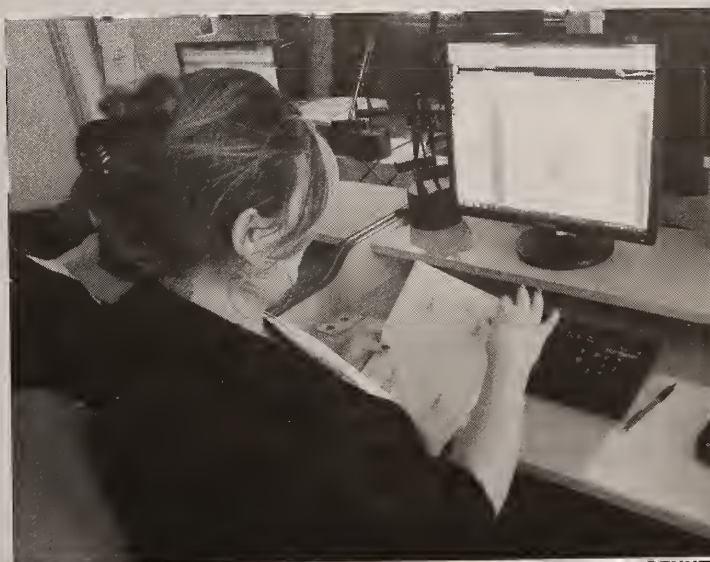


PHOTO BY LAURA BENNETT

Lisa Auger, a first-year general arts and science health option student, makes study notes to put on cue cards in the adaptive technology lab on March 9.

right in."

Dragon Naturally Speaking is another popular software program.

"Dragon Naturally Speaking is a voice to text, so you talk

and the computer types," said Wilson, adding that some students may have a repetitive stress injury and can no longer type. "Some are learning disabled because of their spelling

and grammar. Dragon always spells correctly."

Wilson said doctors and lawyers use the program to transcribe their notes.

A third program, NaturalReader, is recommended to students who are doing homework at home or during hours when the lab is closed and cannot afford to purchase Kurzweil. NaturalReader is a free download from the Internet.

Aside from computer software, the lab provides tools such as screen magnifiers, large font keyboards, wireless headsets, alternative mouse devices, Braille printers and height adjustable tables.

"Your pathway to independence, academically speaking, is the lab, whether it's the software, the quietness or the alternative time frames," Wilson said.

"We try to make this environment as friendly as possible so that they feel comfortable coming here," said Lam.

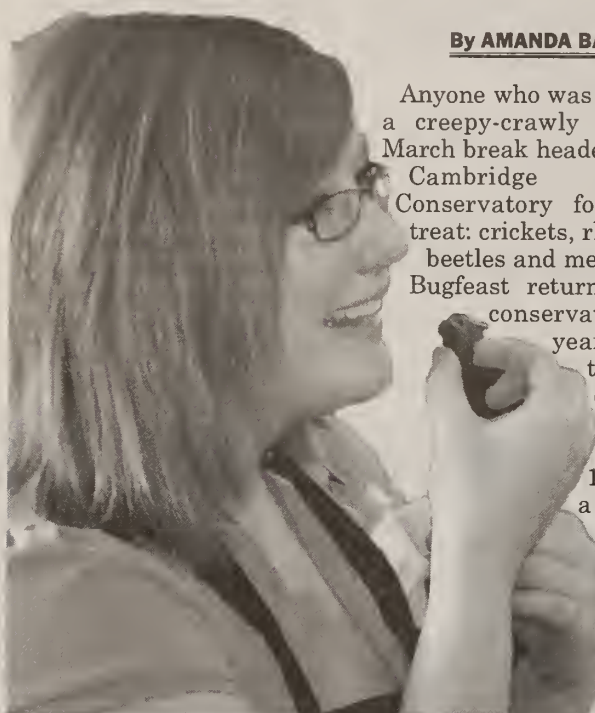
Are you brave enough to eat a bug?

By AMANDA BAINES

Anyone who was looking for a creepy-crawly time over March break headed to the Cambridge Butterfly Conservatory for a tasty treat: crickets, rhinoceros beetles and mealworms.

Bugfeast returned to the conservatory this year with treats for chocolate lovers.

"It's our 10th annual bugfeast," said nature interpreter Meghan Forler.



Second-year public relations student Megan McDougall tries the mealworm brownie at Bugfeast on March 13. The slithering critters were toasted and added as a finishing touch on a standard brownie.

"We've held it every year since we opened, and as far as I know, we've never repeated a theme. Last year it was New Orleans, and we had bug brittle, mealworm jambalaya and Cajun roasted crickets; this year it's a sweet treat."

The critters were each served in unique ways, with rhinoceros beetle bark, cricket-garnished chocolates and mealworm brownies.

"The mealworms aren't that bad," said Forler. "They have the texture of toasted coconut."

Second-year public relations student Megan McDougall, who is fulfilling her co-op at the butterfly conservatory, tried the mealworm brownies as well.

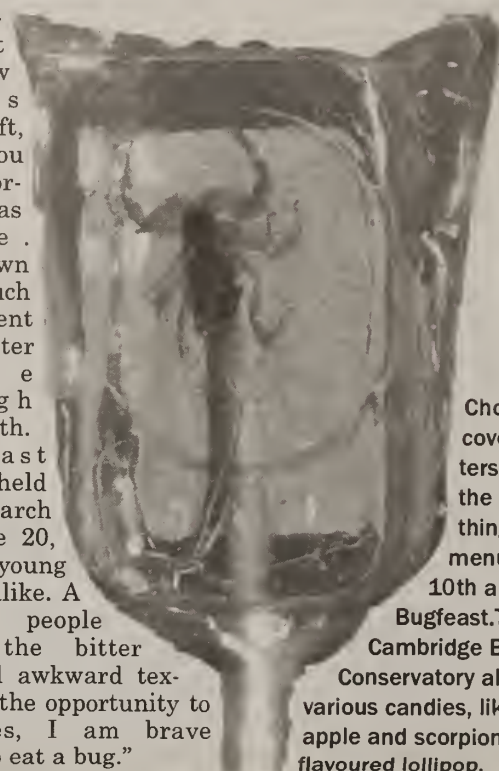
"It's not great," she said.

The mental image of a giant beetle, which was thoughtfully displayed beside the beetle bark, was a stomach-turning thought. The insect was

ground into the white

chocolate, but a few chunks were left, just so you didn't forget it was there. Biting down on one such chunk sent a bitter taste through your mouth.

Bugfeast was held from March 12 to the 20, enticing young and old alike. A lot of people braved the bitter taste and awkward textures for the opportunity to say, "Yes, I am brave enough to eat a bug."



Chocolate-covered critters weren't the only thing on the menu at the 10th annual Bugfeast. The Cambridge Butterfly Conservatory also sold various candies, like this apple and scorpion-flavoured lollipop.

PHOTOS BY AMANDA BAINES



HAVE YOUR SAY

Do you ride the buses in Waterloo Region?

Do you think a light-rail system would help you get around?

The Waterloo Region Record is conducting a survey about transportation issues and we want your opinion.

The survey will only take 5-8 minutes to complete.

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Please visit us at TheRecord.com
or facebook.com and tell us what you think.



Nature interpreter Marie McConnell poses with an assortment of bug-filled candy on March 13, during Bugfeast. Held every year at the Cambridge Butterfly Conservatory, Bugfeast challenged brave souls to eat a bug, or take one home to enjoy later.

Talking to books on a Saturday afternoon

By LISA OLSEN

On a rainy Saturday afternoon, there were strangers speaking with strangers about child abuse, breast cancer and roller derby.

And they were doing this to raise awareness: to challenge stereotypes by speaking with someone who you would not normally speak to and to learn something new.

It was all part of the Kitchener Public Library's second Human Library event, where the books were people. At the event, held March 5 at the Country Hills branch, participants signed out individuals to hear their personal stories and meet one on one in the meeting room of the library. Rather than attending a lecture, participants were encouraged to ask questions and have a conversation with their subject.

I approached the desk draped with a large Human Library banner, and flipped through a book listing what topics were available. I scanned topics such as living with epilepsy; parenting a child with an eating disorder and wearing a Hijab and Niqab, where readers could speak to a Muslim woman who chooses to cover her head and face in support of her faith.

I picked out a topic, signed out a time and immediately, my name was no longer applicable; I was now referred to as "the reader." The library staff spoke to me in delicate voices as they went to find my "book" of choice. Walking toward me with her hand extended, my "book" smiled, shook my hand and led me into a meeting room nestled in the back corner of the library. There were tables set against the walls, a "book" seated at each one.

I sat down at a table across from Ann Moser. Dressed in a beige sports jacket, Moser spoke of what the day had been like so far. I was her fifth "reader."

The conversation quickly travelled from why she got involved in the event to being a gay parent. With her ease and comfort, the conversation had the feeling of old friends catching up over coffee.

Moser told me about her 12-year marriage

to a man, and the two children they had together. She spoke of how she had a great life, but something just wasn't right.

"For me, it was turning 30. I asked myself, why am I not feeling fulfilled?" she said.

She separated from her husband and started her life over. Undoubtedly, there was the period of soul searching, reassessment and prioritizing. That period included Moser explaining to her children that she was gay. Her children, then five and seven years old, took the news in slowly, asking more and more questions in the weeks following.

Between dating and being a single parent, Moser said that the obstacles she faced as a gay parent were not drastically different than those of anyone else.

"Challenges with divorced parents (whether gay or straight) are pretty much the same," Moser said.

I thanked her for her time, took her photo and returned to the desk with the flipbook of topics.

Next, I sat with Harry Watts. This was the first time Watts had taken part in the event.

"I was asked and I just love the opportunity to share some of the things that have happened to me," Watts said.

Telling his story of being a dispatch rider in the Second World War, the 87-year-old was decorated in a military uniform, his medals swinging across his chest as he spoke. Scattered on the table in front of him was his autobiographical book, *The Dispatch Rider*, as well as newspaper clippings and pictures of award ceremonies for his time in the service.

Stationed in Italy, Watts enlisted in November 1942 and was discharged in February 1946.

"I came out of the army with the confidence that there ain't nothing that I can't do," Watts said.

He often speaks at Remembrance Day ceremonies, telling stories of Canada at war.

"It's the satisfaction of letting people know that the Canadian soldier was a different animal. We never

went in as conquerors, we went in as peace bringers," he said.

"We tried to leave it a



PHOTOS BY LISA OLSEN

Above: Sheila Bauman, event planner for the Kitchener Public Library, runs the second Human Library event at the Country Hills branch on March 5.

Below: Ann Moser was on hand to talk about her experience as a gay parent.

Bottom left: Harry Watts speaks at the event about his time as a dispatch rider in the Second World War.



little bit better than how we found it."

With his warm blue eyes peering through his glasses, he leaned forward and leafed through his book, stopping on a picture of him and his wife from the 1940s.

"There was three guys chasing her when I came back (from the war), I had to chase them off," Watts said, his mouth proudly turning upwards into a smile.

And his eyes welled and his speech slowed when he spoke of how she passed away in 2005, after 57 years of marriage.

It was then that he decided that he would take advantage of every opportunity. He opened a green clipboard lying on the table in front of him. Inside were papers stapled together. On the top of the

first

page, the words, "This is the time to do something each month that I have never done before." Below that was a list of months, with activities he had participated in, including entering a jam making contest in October 2006 and growing a beard the following month. Next to growing the beard, he wrote, "turned out not bad."

And he assured me that taking part in the Human Library event would make that list.

To get involved with the event, interested parties apply and are then called in for a 45-minute interview, where library staff engage them in a conversation.

"We want to make sure that they're comfortable sharing their story," said Sheila Bauman, events planner for the library.

The KPL then teaches tips, tricks and strategies to handle challenges that may arise.

"The Book has been encouraged, if they're asked a question that they're not comfortable with, they can say, 'I'm sorry, but the page is missing or that chapter is not in the book,'" Bauman said.

And the library gets some support, in the form of resource materials.

A worldwide organization supporting libraries and schools with setting up their own events, Human Library started in Denmark. The event made its official debut at the Roskilde Festival in 2000.

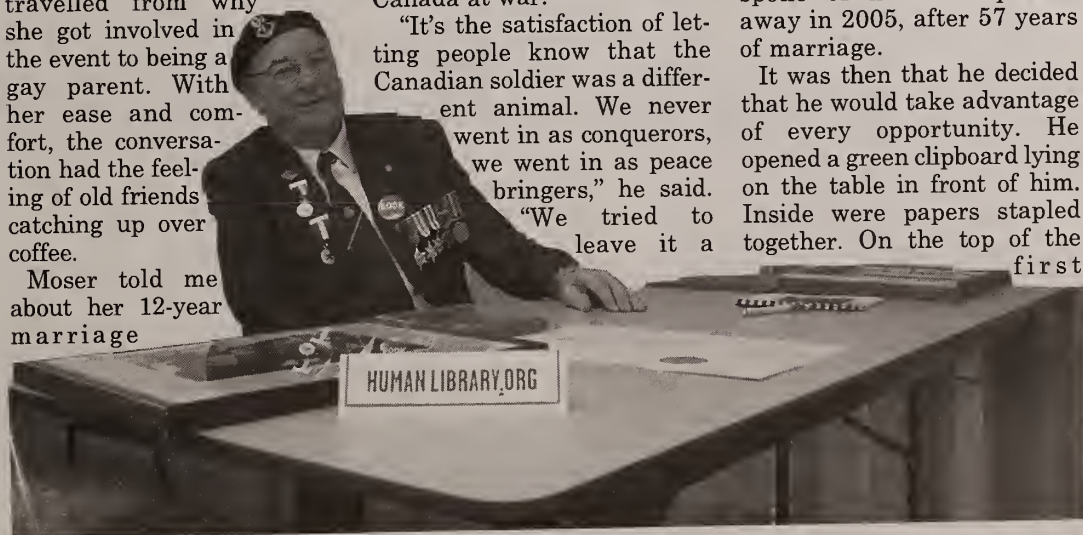
Since then, countries around the world have set up their own events.

Bauman said there are a number of reasons why someone would sign up to talk to a stranger.

"Some people are wanting to understand a topic that might be unfamiliar to them. Some people are aware that they have a prejudice and would like to change it, and some people are just very curious based on the topics offered that day," Bauman said.

The next daylong event will be held in September at the Word on the Street Festival. And the library is always looking for people willing to take part.

"Everybody has a story, there are always new topics to be found and shared," Bauman said.



Residents encouraged to get off their duffs

Cities that encourage bicycling and walking are seeing up to a 75 per cent reduction in obesity rates

By GERALD UPTON

"We are designing our cities for cars. We should be designing them for people," said Gil Penalosa, executive director of 8-80 Cities.

Penalosa spoke to a crowd of approximately 65 people in the council chambers of Waterloo City Hall on the evening of March 10. His hour-and-a-half presentation was brisk — one could even say hurried. He spoke with a heavy accent, and was not always understandable. However, his passion for the subject came through big time.

He said if we build more roads to relieve traffic congestion, people use their cars more, and we get more traffic congestion. It's a vicious circle.

"Is the city for the benefit of cars or for people?" he asked.

Instead, we should be discouraging car traffic and encouraging walking, bicycling, transit, parks and more open areas.

"The result is vibrant cities and healthy communities," said Penalosa.

This is not just theory. His organization has helped more than a dozen major cities to do just that, and he presented visual evidence that the concept works. These cities include Bogata, Copenhagen, Melbourne, Vancouver and New York.

Penalosa called the program 8-80 Cities. This means that cities should be readily usable by people who are 8 years old or 80. The present general trend is to design cities by

default for people who are young and healthy and about 30 years old.

"The cities have to be safe and enjoyable for all," said Penalosa. He points out that a minimum of 30 per cent of the people in any city do not drive cars.

Kitchener city council has not yet caught on to this message. Their recent announcement to spend \$54 million to widen Weber Street just north of Victoria indicates that they are still encouraging car traffic.

Penalosa pointed to Copenhagen as his shining example. The city started emphasizing space for people over cars more than a decade ago. They closed or restricted several streets in their downtown, providing more space

for people to bicycle or just stroll. Thronging crowds showed just how popular this concept was, so more and more streets have been given over to people traffic. The result? Copenhagen has been voted one of the five most liveable cities in the world for the last five years running.

The result has revitalized the affected parts of cities. Retailers who resisted curtailing car traffic and parking have found that it benefits them immensely. People who are walking or biking past their storefront are more likely to drop in. A parking spot that can hold one car can hold 10 bicycles. Most stores are seeing a huge increase in customers.

The 8-80 program is not just revitalizing cities; it is re-

talizing the residents as well. Surveys highlighted by Penalosa indicate that cities that encourage bicycling and walking are seeing up to a 75 per cent reduction in obesity rates among their population.

Studies show that making walking and bicycling easier encourages the use of transit. "We have to make it easy, fast and convenient for everyone," said Penalosa.

The City of Waterloo is leaning in this direction. For this event the city hall entrance lobby was populated by booths of organizations that promote walking, bicycling, parks and transit.

You can find out more about 8-80 Cities, what they stand for and the results they have achieved at www.8-80cities.org

Upcoming Career Events

March 21-25

National Co-op Week

Monday March 21, noon:

Drop by Door #3 and enjoy a piece of Co-op Cake!

Thursday March 24, Sanctuary, 3 – 4 p.m.:

Co-op Students are invited to attend the annual Co-op Awards as we honour all student nominees and winners of the Co-op Student of the Year Awards for 2010.

Thursday March 24, Sanctuary, 4 – 5:30 p.m.:

Co-op Students, Faculty, and Employers are invited to attend a Co-op Appreciation Reception.

RSVP required to cblack@conestogac.on.ca

March 22, 23 & 24

Resume & Cover Letter Workshops

9 a.m. and 1:30 p.m.

Doon Campus: 2A111

Registration is required.

March 22 & 24

Job Search & Interview Workshops

3 – 4:30 p.m.

Doon Campus: 2A111

Registration is required.

April 5, 6, and 7

Rapid Résumé Review Clinics

11 a.m. – 1 p.m.

Doon Campus: SLC Atrium, Lower Level

No registration is required.

Note that this is the last opportunity to attend a Resume Clinic for students who are graduating.

Login to **MyCareer** to register for workshops, events and more.

(From the Student Portal, click on the "Services" tab)



PHOTOS BY GERALD UPTON

Various presentations on walking and cycling were displayed in the entrance of Waterloo City Hall for those who came to hear about the future of bicycling in Waterloo, at a Walk, Bike and Park event.



Gil Penalosa speaks to a crowd of some 65 people gathered at the council chambers of Waterloo City Hall where he encouraged everyone to walk and bike instead of drive.

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POETRY COMEDY
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SANCTUARY 12PM - 1PM

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CONESTOGA
STUDENTS INC



HOROSCOPE

Week of March 21, 2011



Aries
March 21 -
April 19

You will be struck by an uncontrollable urge to eat a plastic spork. Needless to say, you should probably consult a physician.



Libra
September 23 -
October 22

The electromagnetic radiation from your computer monitor will interact with your fluoridated water to create a MONSTER!



Taurus
April 20 - May 20

The powerful force that controls your life behind the scenes will make an appearance. You will pay no attention to the man behind the curtain.



Scorpio
October 23 -
November 21

One of the programs you use for your classes will break down and force you to fail every single one of your classes through a series of bizarre mishaps.



Gemini
May 21 - June 21

You will order a Caesar salad that will be a little off. When you complain, the owner will give you the restaurant in frustration.



Sagittarius
November 22 -
December 21

Your boss will look at your Facebook page and decide that they don't like your politics. Change everything you believe in to appease them.



Cancer
June 22 - July 22

Did you remember to lock your doors today? A bumbling thief will get into your home otherwise, and manage to make off with all your dirty socks.



Capricorn
December 22 -
January 19

Many years from now, a decision you make this week will come back to haunt you. Act with extreme paranoia. Better yet, don't leave your house.



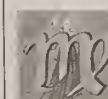
Leo
July 23 - August 22

You will, on a whim, follow a recycling truck around town for a day, and learn that those guys should probably get paid a lot more.



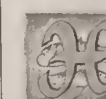
Aquarius
January 20 -
February 18

On Wednesday, turning on all the taps in your house will cause you to summon a Dryad, who will fix your shoes for free as long as you don't tell anyone.



Virgo
August 23 -
September 22

Your latest get rich scheme will actually pay off, and you will end up buying a mansion in California. Sadly, it will be in that crappy part of California.



Pisces
February 19 -
March 20

A powerful lobby group will recruit you to convince the Prime Minister that he should really invest in a giant pig for downtown Waterloo.



Paul Irvine carefully examines the stars and then ignores them for your amusement.

I love Jersey Shore

Not too long ago, a fellow Spoke journalist wrote an opinion piece entitled, I can't stand Jersey Shore, and I feel, as the season three finale approaches, it's about that time to defend the best show on earth. No, seriously.

Hold on, hold on. Before you officially classify me as an idiot with bad taste in TV, can you at least let me plead my case?

If you don't know what Jersey Shore is, you're probably thinking to yourself, "What the hell are you talking about?" Well, I assume you haven't been living under a rock for the past two years. But then again, in this economy, anything is possible.

Jersey Shore is a reality show following a group of Italian roommates. It's filled with laughs, pranks and jokes. There's drama, fights and tears. And, of course, there's pretty much partying and smushing (sex) every night.

When I'm not watching The Score or my overpriced sports package, I'm most likely catching up on what Snooki did last episode or what situation Mike has gotten into this time. The stuff they come up with is simply hilarious. They're always good for a laugh or two.



**Marcus
Matthew
Opinion**

It's amazing how popular this show has gotten. Haters of the show can't stop bashing it, while the lovers continue using their Shore lingo, which includes phrases and terms such as smush, GTL (gym, tan, laundry) and my two favourite courtesy of DJ Pauly D, cabs are here! And oooh yeeah!

To those haters out there, all I have to say is why do you hate the show? Are you jealous of their fun and free lifestyle? Or maybe you just jumped on the I hate the Jersey Shore bandwagon. Feel free to catch me in the hall so we can talk about it or write a letter to the editor to give your opinion.

When the show first started, I thought it looked stupid. But, I thought I'd give it a chance. Next thing I know, I'm hooked and can't stop talking about it.

Jersey Shore is just such an easy show to get into. Everyone likes to party, have

fun and laugh. Well, this is pretty much what the show is all about. Never mind the constant drama between Sammi and Ronnie, Shore is all about having a good time. Isn't that what life should be all about?

This season is winding down and is really starting to get interesting. The Sammi and Ronnie drama is out of control, while everyone's interested in the fling between Snooki and Seabiscuit. Oops, I mean Vinny. You might not get that joke because, well, it's a Jersey thing.

Shore fans everywhere are already looking forward to season four where the "guidos" and "guidettes" will be heading home to Italy. I predict that the next season will be the best yet.

The only show I actually look forward to more than Jersey Shore is my favourite show out there right now, The Hard Times of RJ Berger. Coincidentally, season two premieres on March 24 right after the Jersey Shore season finale.

If you haven't seen it, I strongly recommend you tune in to this extremely-raunchy sitcom. You won't be disappointed.

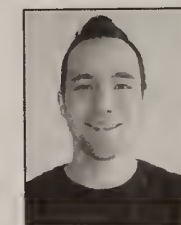
Showtime's new show is absolutely shameless

Meet Frank Gallagher. Disability recipient, raging alcoholic and father of six. Although he only stumbles around briefly during the pilot episode, Frank (played by William H. Macy) is the dysfunctional catalyst that drives the show. From every mumbled, drunken rant to waking up every morning on the floor, Macy fills the shoes of a character that can only be described in one word: shameless.

Debuting on Showtime last month, Shameless is the American adaptation of the British show of the same name and tells the story of family a la the Bundys meet the Bradys whose lives are lived day-to-day, scraping what pennies they can, anyway they can.

Macy spends the first three episodes either stumbling around the neighbourhood or sleeping on the ground. Every pub in town but one has barred him yet he still finds a way to get alcohol past his lips.

Then there's Fiona (Emmy Rossum) who has all the



**Thomas
Parent
Opinion**

charming qualities of the family's absent mother. Phillip — or "Lip" — (Jeremy Allen White) is the next oldest in line who has enough smarts to get paid to tutor, do taxes and take SATs for other students just to bring in some cash for the family. Ian (Cameron Monaghan) is next in line who's ambitious, but tries his best to hide the fact that he's gay. The mischievous Carl (Ethan Cutkosky) is always sneaking beers and doing questionable activities with animals and action figures, begging the question as to whether or not we have a psychopath in the making.

Debbie (Emma Kenney) is one sweet little girl who sometimes has difficulty with her role of maturity, but is adept at collecting

UNICEF donations and spending it on necessities. Finally, there's Liam, the black kid. No one knows why he's black, but he's loved just the same.

Although these cast members are the glue that hold the family (and the show itself) together, actors such as Macy and Joan Cusack (who plays the eccentric and agoraphobic mother of Lip's girlfriend) keep the audience coming back.

Narration takes turns between Macy and Rossum (Rossum when Macy's character Frank is too incapacitated to speak). With troubles like paying hydro, stealing water heaters and keeping daily beatings from neighbourhood bullies to a minimum, Macy stumbles around his downtrodden family like Bacchus doing a drunken ballet.

Don't forget, sex, drugs and violence is a staple to every episode. So throw out all your reservations before watching it. It's not glamorous nor hideous.

It's shameless.

Conestoga celebrates national co-op week

By CASSANDRA BOURGEOIS

Happy National Co-op Week! This week, schools across the country are celebrating their co-op students and employers, and Conestoga College isn't going to be left out.

Every year Conestoga presents an award to the co-op students of the year and the co-op employer of the year. The student winners are chosen based on nominations by their employer, and employer winners are nominated by the students they have employed.

The 2010 student of the year winners are Sergio Batir for the School of Business; Erin Brown for the School of Engineering and Information Technology; and Shuchi Pandit for the School of Health, Life Sciences and Community Services. The winners and all nominees will be honoured during an

awards ceremony on Thursday at 3 p.m. in the Sanctuary. The ceremony will be attended by not only co-op employers and students, but also by plenty of staff and faculty including Conestoga's president, John Tibbits.

"It's a recognition by the college that co-op is really important in a college career," said Pamela Healey, the director of co-op and career services for Conestoga.

"We're also doing an appreciation event after the awards ceremony to thank employers for hiring and students for participating," she said. The reception takes place right after the ceremony.

Students who win awards at Conestoga are also nominated for provincial and national awards, including the Education at Work Ontario award and the Canadian Association For Cooperative Education student of the year

award.

"This year we didn't have a winner from Conestoga," said Healey, "but last year we had two."

The benefits of workplace experience for students are huge, but students aren't the only ones who benefit. Employers get cost-effective temporary employees to help with seasonal work or short-term projects and they show themselves to be an employer of choice. They also get to contribute to the education of Ontario's future workers, and if all that isn't enough, they can also get tax credits.

Co-op is an ever-growing part of post-secondary education. The number of co-op programs at Conestoga has more than doubled over the past five years. Workplace experience is an invaluable part of education, and National Co-op Week seeks to make sure everyone knows it.



PHOTO BY BRITTNEY BELANGER

Kate Sanders was the host of a leprechaun hunt held in conjunction with St. Patrick's Day at the Conestoga residence.

Students hunt for little green men

By BRITTNEY BELANGER

The halls of Conestoga residence contained more than the average mischief on March 7, as a leprechaun hunt was held in the lobby.

At 8 p.m. Kate Sanders, resident adviser, informed those hunting that there were 10 paper leprechauns hidden around the inside of the residence.

Those who found one were told they would win a free residence T-shirt. The participants, who included residents and friends, were anxious for the hunt to begin.

Sam Browne, a third-year architecture student, said, "Many of the leprechauns are hidden all around, some more obvious than others."

As the hunt progressed, sev-

eral students were on a leprechaun high, eager to find that last leprechaun before someone else did. Some of the players had found three leprechauns each during their search.

Some students on the hunt searched in pairs while others worked on their own.

The leprechauns were hidden in hallways, stairways, the kitchen and many other common rooms located throughout the residence. As soon as all 10 were found, players returned to the lobby to claim their prize.

"I'm glad everyone enjoyed themselves. The hunt was a hit with the students and the spots (weren't) tricky," said Sanders, a second-year aviation student and host of the event.

Best study methods revealed

By KATHRYN SCHNARR

There are a variety of different study methods and learning techniques, but have you determined which ones work best for you? A study conducted by David Smiderle, a professor in the international business management program, and Trish Weigel-Green, the information literacy consultant at the Library Resource Centre, discovered the most effective ways to prepare for a mid-term or final exam.

"There are so many different study methods," said Smiderle. "We wanted to know what were the best ones? And how we could put together a manageable list of them."

Last year, 339 business and hospitality students anonymously answered questions about their study methods. The survey was divided into six stages: Setting a knowledge goal, knowledge creation and collection, knowledge organization, knowledge sharing and validation, knowledge utilization and review of lessons learned. Smiderle and Weigel-Green call these six stages the knowledge management cycle.

The results were divided into two groups, those from students whose average grades ranged from 50 to 79 per cent and those whose

grades averaged 80 per cent or above. According to Smiderle, these results were used to determine which study methods were used most often, as well as which were used statistically more by the students who averaged over 80 per cent.

Personally, I think the survey results are awesome," said Smiderle. "Trish and I are really happy that we did the study, and also with the results we obtained — we both felt the results are something that students can immediately use to improve their performance on exams."

The final list, revealing the best study practices for students, was released at the Employees for Excellence in Education (E3) Conference last June. At least one practice is included from each stage of the knowledge management cycle, as Smiderle and Weigel-Green determined that students engage in multiple study methods. The final list of the best study techniques for an exam or mid-term as follows:

1. Stage 1 - Set a goal for how well you would like to do on an exam by thinking about how well you would like to do in the course.

2. Stage 2 - Find out what is on the exam, what the format is and the best way to write it by attending class.

3. Stage 2 - Figure out the best way to study for the

exam by thinking about how you best learn and what has worked for you in the past.

4. Stage 2 - Use materials provided by the instructor in preparing for your exam.

5. Stage 3 - When organizing your information, figure out what you know already and what you still need to study.

6. Stage 3 - Decide which study materials are based on what information you have about the exam.

7. Stage 4 - After checking how well you know the material, put more time into studying the areas you don't know.

8. Stage 4 - Before the exam, do some sort of check on whether you know the material using an approach which works for you.

9. Stage 5 - When writing an exam, make sure you understand each question before answering it.

10. Stage 6 - When you have received the results of your exam, review the feedback to identify what you did well and what you could improve.

Successful students dedicate their time to studying and learning new material. If you ever find yourself struggling with studying for a test, mid-term or exam, consult this list. It will not only improve your grades, but will ultimately help you discover which study method works best for you.

Valentine's sale a sweet success

By EMILY GERRETT

The Candy Kabob Valentine's sale in support of the CSI food bank was a huge success, raising \$650.

The team of fourth semester office-admin executive students — Katie Balge, Laurie Brown, Sheila Phillips and Narinder Shaw — were able to purchase highly needed grocery items for the food bank with the profits from their candy kabob project, which was undertaken as part of their project management course.

Donations to the food bank are always welcome, and can be deposited in the box by the CSI self-serve area.

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Rangers' minor hockey 'super team' rejected by parents

By RYAN YOUNG

The Kitchener Rangers thought they were giving a late Christmas present to the community when they announced plans to fund what could only be described as an elite minor hockey team program in Kitchener-Waterloo.

The nine-year proposal would see the Kitchener Minor Hockey Association's and Waterloo Minor Hockey Association's triple-A teams at the minor bantam through major midget level, ages 13-17, combine to play under one banner. This would have meant that the eight triple-A teams the associations currently have at those age levels would have been cut in half to four and 68 fewer players annually would have a chance to play AAA.

In exchange the Rangers would select a short list of coaches for these "super" teams and provide \$80,000 a year to fund the program. The program would be overseen by a management committee consisting of the Rangers, Kitchener minor hockey and Waterloo minor hockey officials, with each party having one vote. A general manager-type figure from the Rangers would chair the board but not have a vote.

Minor bantam and minor midget triple-A teams of Kitchener and Waterloo would merge and play out of Kitchener as the KW Rangers.

Major bantam and major midget triple-A teams of Kitchener and Waterloo would merge and play out of Waterloo as the KW Wolves.

"I would have to say it's 95 per cent a go," said Kitchener major midget triple-A head coach Todd Brown in a late December

article in The Record when news of the plan first broke. "It will help the development of the kids playing with better players from top to bottom and there will be more depth on every team. It will only make the organization better."

The Kitchener Rangers, a publicly owned Ontario Hockey League team since 1963, offered the funding because they want to see local talent develop and have more KW teams compete in the Telus Cup and OHL Cup.

It's about the big picture. If the Kitchener Rangers are involved, it's for the right reason. It's simply about the development of your child..

— Rangers GM and head coach Steve Spott

The Telus Cup is the national championship of major midget hockey and the OHL Cup is a tournament organized mainly for OHL scouts to see top-rated prospects. The Rangers believe they can boost player development by having elite local players playing with one another.

"It's very positive for the players in Kitchener and both associations," said Kitchener Minor Hockey Association president Tom Graham of the proposed merger. "What the Rangers are doing for this, they really don't have any gain out of this outside of helping kids play hockey."

There's no doubt the Rangers would be funding a more competitive team in the

KW area, but what would it do to neighbouring programs such as the Cambridge Minor Hockey Association?

"Under the current system, Cambridge competes with Kitchener and Waterloo," said CMHA president John van Breda when hearing of the proposed merger. "When you amalgamate those two teams, we will not compete."

Cambridge currently has 1,700 registered players and can draw players from Ayr, Hespeler, Plattsville and Beverly. That pales in comparison to the 2,700 players in Kitchener and 2,100 players in Waterloo which also draws from Elmira and New Hamburg. The merger would leave Cambridge crippled with less than half of the amount of registered players in their talent pool than the proposed KW program and it would effectively end the Toyota cultural hockey exchange program. The program, in its seventh year, sees a mini-tournament between Kitchener, Waterloo and Cambridge decide which team gets to travel overseas to Japan bi-annually.

CMHA's van Breda had a couple of ideas for what changes the association would have to make due to the merger.

"One of them is to withdraw from triple-A hockey. That's an option. It's not one I want to do," said van Breda. "We could also look at amalgamating with some centres around us who are going to be in the same boat."

Not only would the merger hurt the CMHA, parents and coaches in Waterloo weren't exactly convinced amalgamation was the right decision for their association.

Roughly 125 concerned people showed up for a Waterloo minor hockey information session on the proposed merger Jan. 18 at RIM Park.



PHOTOS BY RYAN YOUNG

Matt Martin of the AAA major midget Waterloo Wolves stares down the ice during a break in action against London Knights March 14 at RIM Park.

One of the people in attendance was Rob Grein, head coach of Waterloo's midget double-A team.

"I implore you to slow down," Grein told official WMHA officials during the session. "Rushing to this decision is only going to tear us apart. It's not going to pull us together."

The WMHA announced they would vote on the matter Jan. 31. In preparation for the vote, Grein and Waterloo's major midget assistant coach Doug Snyder began circulating a petition to put the vote to Waterloo minor hockey's full membership.

"If you're afraid of speaking up for something that's right because you think your kid is going to get blackballed if you do, I just don't know. People need to be prepared to stand up for what they think is right," said Snyder in regards to the Rangers selecting coaching staffs in the proposed merger. "I have pride in this city; Waterloo minor hockey should not be run by a private club."

With a petition of over 400 signatures and 50 concerned parents and coaches present, the WMHA board voted 10-4 in favour of the merger. Grein was among those who jammed the boardroom to witness the decision in person.

"This board has done some really great things. They've created some pretty passionate parents in terms of how they feel about Waterloo minor hockey," said Grein following the vote. "There's a process. We respect the board."

The process Grein was specifically referring to was the Corporations Act, in which 10 per cent of mem-

bership can call a vote on any matter. With over 400 signatures, the petition met those requirements and a full membership vote was set for Feb 24.

The meeting was held at RIM Park with the vote taking place in Forbes Hall. Kitchener Rangers head coach and general manager Steve Spott, whose 10-year-old son plays in Waterloo minor hockey, spoke before the voting took place.

"I do have a son that plays in the organization. It's not about that. It's about the big picture. I'm asking everybody here tonight for trust," said Spott. "If the Kitchener Rangers are involved, it's for the right reason. It's simply about the development of your child."

Despite the plea, members of the association voted 296-170 in a secret ballot to overturn the decision of their board and not amalgamate with Kitchener.

"It's a lost opportunity," said Waterloo minor hockey president Al Reinhardt following the vote.

Rangers' president Michael Lannan also commented on the decision.

"I don't think we're disappointed," said Lannan. "It's an opportunity we presented to the community. Obviously, the people of Waterloo minor hockey, the parents, decided they don't want that opportunity. We'll go on from there."

The decision means things will remain the same in the local minor hockey community, Wolves on one side of the faceoff dot and Rangers on the other. Also, 68 kids that would've been cut from AAA teams in the proposed merger, for better or worse, will still get a chance to play at the highest level possible.



The Cambridge Minor Hockey Association would have half the size of a talent pool to choose from then the proposed KW merger teams. The merger would also have effectively ended the Toyota cultural exchange program and possibly forced Cambridge out of AAA.

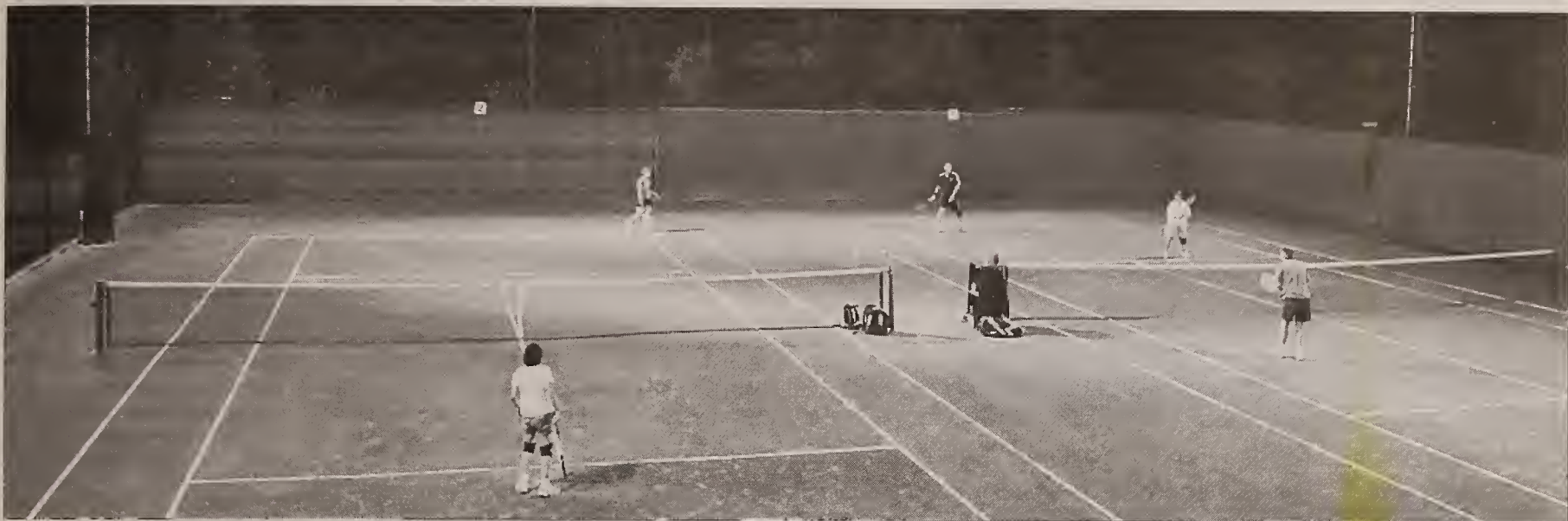


PHOTO BY BRANDON REOCH

Inside the Waterloo Tennis Club are six hard courts which are used by members, coaches, students and the public. The club is located in Waterloo Park at 50 Central St., and has been in operation for 97 years.

Waterloo Tennis Club lives on

By BRANDON REOCH

The sounds you hear at Waterloo Park are more varied than at other parks thanks to the Waterloo Tennis Club.

You'll hear tennis balls being smashed, beer mugs clashing, constant laughter and the odd vulgarity if someone misses a second serve.

"It's always a party," said Joanne Raymond, who has been a member for 20 years.

"Everyone knows everyone by name and when people walk in they feel at home," said Damon Parker, a receptionist at the club.

"Even on a Friday night, you will find a lot of members still hanging out upstairs," said Helen Nethercott, who has been a member for 70 years.

But it wasn't always like that.

Two years ago, the Waterloo Tennis Club celebrated its 95th year of providing the

sport to members and the community. But at the same time it almost closed its courts for good.

"As a coach, business was just awful and as a club, it was scary to look at," said former head pro Dave Rowat.

As well, the club had just released its previous manager and a replacement was still up in the air.

"We needed a sports guy who knew business, tennis and had a social side," said John Murray, member and former International Tennis Federation (ITF) player.

Come that December, the club had found its new manager, John Bezeal, from the land down under.

He didn't come with any catchy songs, flying umbrellas or spoonfuls of sugar but he came from sunny Australia and brought over 10 years of experience in managing multimillion-dollar sports clubs.

"I felt this was a job where I

could build my resume and also help keep the longevity of the club," said Bezeal.

"Tennis is huge in Australia and having a marketing and business background, along with being somewhat knowledgeable about tennis, made the transition a little easier for me."

Right away, the "club project" began.

"Our staff examined the club and felt there were two main issues that needed to be dealt with immediately," said Bezeal.

The exterior and interior of the club was beginning to look out of date and the kitchen was looking like the new place for squatters. The clay tennis courts outside were becoming a dust bowl in the summer and the courts inside were constantly covered in tennis ball fuzz. Fewer people began enrolling in lessons and the number of people in the social round robins was shrinking too. Most importantly, not enough members were renewing their membership and few people wanted to become a new member.

"We had less than 200 members and for sure we can hold double that or more," said Bezeal.

To help fix the problem, the price of memberships was lowered, utilities and facilities such as the bar, TV, lounge area and picnic area were renovated and credible coaches were added.

Even though rejuvenating the club looked close to impossible, the club itself provided the space, location and potential to become a successful and stable tennis club.

"Everything is here. A population to target, the space to build and grow and we were offering a sport that is still being experimented here," said



PHOTO BY BRANDON REOCH

The floor and furniture at the Waterloo Tennis Club were replaced with laminated hardwood and leather couches.

Kye Allen, one of the coaches at the club.

As the two main problems became conquered, little things began falling in place as well.

"Tennis companies wanted us to sell and promote their products, our request to host a women's ITF tournament was granted, coaches wanted to come work for us and members really did begin to (think that) this was their home," said Bezeal.

"It was an improvement from the shape we were in."

In just over one year, the club had done a complete 180.

People were calling and entering the club asking for membership rates and lesson rates and asking for tours of the facility to help determine if they wanted a membership. Members were staying longer after their tennis was over, socializing on the balcony. Teenagers and kids began piling in for lessons.

One day you have all the room for a kid and the next day you have to tell them you are full, said Bezeal. "Kind of a win - lose."

Present day, the club looks as good as a one-handed back-

hand cross court from Federer.

"Our lounge looks better than my living room," said Allen.

"It's not quite Roland Garros (where the French Open is held), but the courts look great," said Murray.

The club has new furniture, new paint on the courts, a new method for preserving the quality of the clay courts outside and a team that is still working on maintaining and improving the quality of the club.

"Having an idea is one thing but executing it is totally different. It was a club effort that made this club stay running," said Bezeal.

Just recently, Bezeal resigned as manager of the club to take on a new job opportunity but the effort and ideas that he created to change this club will benefit it for years to come.

"John told all the members what the objectives were and how he would tackle them. He tackled them and I respect him a lot for that," said Murray.

"The doubt that was in my mind about the club's future is now gone," said Allen.



PHOTO BY BRANDON REOCH

The clay courts at the Waterloo Tennis Club, made of Har-Tru, are the only clay courts in the city.



COUNSELLOR'S CORNER: A Healthy Lifestyle

The pressures of school can easily cause students to lose the balance between taking care of themselves and the need to put their best efforts into succeeding academically.

School, part-time jobs, family and relationships all make demands on us which can cause stress and stress-related illnesses. But there are ways to maintain our health and keep an equilibrium between competing demands on our time and energy. Scheduling in time for self-care may mean reserving several hours a week for a fitness activity we enjoy. We need friends we can talk to about personal matters and daily life, and people to just "hang out" with and do something purely for fun. We need to feel comfortable in being alone, with time for relaxation and quiet reflection.

Getting eight hours of sleep nightly, eating at least one hot, balanced meal daily, maintaining appropriate body weight and monitoring our use of alcohol, caffeine and tobacco are choices that will help us live longer and prevent illness.

Living a healthy lifestyle will also help now, by boosting concentration, memory and stamina. Having a balanced, healthy lifestyle helps us feel more relaxed, in control of the present and our future direction.

A Message from Counselling Services, 1A101.

Culinary students learn from the master

By EMILY GERRETT

Culinary students of Conestoga College's Waterloo Campus handled the heat on March 2, when they were visited by a master chef.

Susur Lee, the second-place winner of last year's Top Chef Masters television show, worked with the students to prepare a four-course meal to raise money for the Susur Lee Award of Excellence Scholarships.

The Waterloo campus's bloom restaurant hosted about 75 diners, and raised almost \$6,000.

The meal consisted of rack of lamb with a chickpea puree, spicy lobster tart with bonito, seared white tuna with lemon grass, yuzu and salmon roe.

Diners then enjoyed a dessert of vanilla panna cotta with pineapple and raspberry "ravioli" in a passion fruit sauce.

Lord of the Dance coming to Kitchener

By EMILY GERRETT

Michael Flatley's Lord of the Dance, the Celtic dancing performance group, is coming to Kitchener's Centre in the Square on March 27.

Tickets cost between \$45 and \$75 at regular pricing, and \$40.50 and \$67.50 at senior pricing.

This award-winning show has been performed internationally for over a decade, and tells a story of Irish folklore through dance.

For those who want to experience the Lord of the Dance

at a cheaper cost, Empire Theatres will be hosting the Lord of the Dance's first release in 3D cinemas.

Adults can enjoy the show at the Kitchener Empire Theatre location for \$17.95. Children are \$12.95 and seniors are \$15.95.

The movie screening runs on select days from March 20 to 28. For tickets to the live performance go to www.centre-square.com, and for tickets to the 3D cinema show go to www.empiretheatres.com.

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Men's indoor soccer team faces tough finish in Com-Dev league

By RYAN YOUNG

Conestoga's men's indoor soccer team certainly isn't getting any breaks in March.

The Condors have started a tough stretch of games to conclude their 2010-11 season in the Men's Indoor Soccer League played out of the Com-Dev Soccer Park in Cambridge. The league features three divisions (premier, first and second) with 20 teams spread amongst the three.

On March 10 Conestoga (8-

1-4 entering the game) squared off against Sporting (10-3) to decide the winner of the first division regular season title. Conestoga had been unbeaten in their previous six with their only defeat of the season coming on Dec. 16 at the hands of Sporting by a 2-1 score.

An early goal gave Sporting a quick edge, and Condors' Carlos Araque's second goal of the year proved to be too little in another 2-1 losing effort.

Coach Aldo Krajcar's team

now turns their attention to playoffs and a randomly drawn matchup with K-W Hrvatski (12-1), the defending Premier Division champions and powerhouse of the entire league. The Condors must embrace the underdog role and raise their level of play if they hope to pull off the upset and proceed in the single-elimination playoff style format.

The game takes place March 22 at 10 p.m. at Com-Dev Soccer Park on Fountain Street in Cambridge.



PHOTO BY RYAN YOUNG

Conestoga goaltender Stephen Maras clears the ball against Sporting March 10 at the Com-Dev soccer centre in Cambridge. The Condors lost to Sporting 2-1 for the second time this season.

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THE SIGNS
OF STROKE
WHEN
YOU
SEE
THEM.**

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Sudden loss of vision, particularly in one eye or double vision

✓ HEADACHES

Sudden, severe and unusual headaches

✓ WEAKNESS

Sudden weakness, numbness and/or tingling in the face, arm or leg

TROUBLE SPEAKING

Temporary loss of speech or trouble understanding speech

✓ DIZZINESS

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